

Safety while Hiking - and at the Campsite

It's always safest to hike or camp with at least one companion.

Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station.

Leave a copy of your itinerary and pertinent medical information with a responsible person and/or at the ranger station.

Make sure your equipment is in good condition, and you know how to use each piece of equipment.

Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter, or give first aid. Practice your skills in advance.

Hiking checklist - important safety items

Candle and matches	Hat	Space blanket or piece of plastic
Cell phone	Insect repellent	Sunglasses
Clothing (extra socks, warm clothing, rain gear)	Map	Sunscreen
Compass	Nylon filament	Trash bag
First Aid Kit	Pocket knife	Water
Food (bring extra)	Pocket mirror	Waterproof matches
Flashlight	Prescription glasses	Water purification tabs
Foil (to use as cup or signaling device)	Medications	Whistle
	Radio with batteries	

